

ASCRIBE VALUE TO SMILE

Physicians Advise Patients to Practice Good Humor as a Preservative of Health.

There is an interesting theory in psychology known as the James-Lange theory, after the psychologists, William James and C. G. Lange.

This theory relates to the emotions, and insists that, contrary to the popular belief, the muscular and other physical changes which accompany the different emotions are actually the causes rather than the effects of these varying mental states.

That is, according to the James-Lange theory, instead of saying that we weep because we grieve, we ought to say that we grieve because we weep. Similarly, we do not strike because we are angry, we are angry because we strike. And we do not run because we are frightened, but we are frightened because we run.

While few psychologists accept this doctrine, all are agreed that there is a certain amount of truth in it, and that it is entirely possible to produce in oneself any specific emotion by voluntarily assuming the characteristic physical expression of that emotion.

If any emotion can be produced by deliberately adopting its distinctive physical expression, it manifestly is profitable to endeavor to produce in this way the various emotions and moods—joy, happiness, contentment—which are known to exert a favorable influence over the whole organism.

Consequently it is not surprising to find that many physicians who are aware of this striking psycho-physiological fact are advising their patients to practice smiling as an aid to the preservation of health.

Smile even when you don't feel like doing so. Soon you will find the sentiments of joy, strength and courage dominant in your heart.—H. Addington Bruce in Kansas City Star.

POSSIBLE CAUSE OF DISTRESS

Tommy's Guess as to Alexander's Spell of Weeping Showed He Had Imagination.

The teacher was telling his class about the conquest of Alexander the Great. He made the tale a stirring one, and at last reached the conquest of India. Wishing to impress the children, he said: "When Alexander had conquered India, what do you think he did? Do you think he gave a great feast to celebrate his triumph? No; he sat down and wept!"

The children seemed to be a little disappointed at this childish exhibition on the part of the hero; so the teacher continued: "Now, why do you think Alexander wept?" he asked. Up went a little hand; but when its owner saw it was the only one in view, he hurriedly withdrew it.

"Come on now, Tommy," said the teacher in his most persuasive voice, "why do you think Alexander wept?" "Please, sir," said Tommy hesitatingly, "perhaps he didn't know the way back!"

When Criticizing.

Many an unpleasant thing needs to be done in a pleasant way. Teachers, and parents, and people in business life who are responsible for the work of others must from time to time speak in criticism or point out how an improvement can be made in the way of doing things. Such a word of criticism, or correction, or of suggested improvement can have the effect of being either a shove down or a lift up. It can come to the one addressed as a slap in the face, or as a hearty grip of the hand. The word can be spoken with a disarming smile of reassurance, or a hard and discouraging look of condemnation. And the heartening, lifting, smiling word of admonition or suggestion brings a hundred per cent better response than the other sort; it gets the very results that we are after, while the word that antagonizes is liable to defeat the whole thing. Love is a paying proposition; unlove is a dead loss.

The Beast of Burden.

Professor Ward, social secretary of the Methodist Episcopal church, in an address in Indianapolis on "The Demand for Leisure," said:

"Working hours should be judged from the standpoint of fatigue. Statistics prove that the highest mortality rate is invariably in the industrial sections because the rest of these workers is not commensurate with their duties. A shorter workday is an economic benefit to all. It means more men, more machinery, higher standards, increased demands, more production and the expansion of industries. "The family life becomes a closed book when the man returns home dead tired from his day's work. When he reaches that stage he loses identity as a man, husband and father and becomes the beast of burden."

FACTS FOR SUFFERERS.

Pain results from injury or congestion. Be it neuralgia, rheumatism, lumbago, neuritis, toothache, sprain, bruise, sore stiff muscles or whatever pain you have yields to Sloan's Liniment—brings new fresh blood, dissolves the congestion, relieves the injury, the circulation is free and your pain leaves as if by magic. The nature of its qualities penetrate immediately to the sore spot. Don't keep on suffering. Get a bottle of Sloan's Liniment. Use it. It means instant relief. Price 25c. and 50c. \$1.00 bottle holds six times as much as the 25c. size.—2

Live Stock Was Cheap in 1194.

The increased cost of living, though the increase is by no means so great as we might have expected, lends an interest to a volume just issued by the Pipe Roll society. From the introduction one gathers an idea of prices in 1194. Certain land was to be stocked and a price for each class of stock was fixed. Oxen figure at four shillings, cows a shilling less. Farm horses were also four shillings a head, pigs were a shilling, and sheep stood at sixpence. Incidentally the book proves the antiquity of the familiar fine of 40 shillings, for it records its imposition as long ago as 1185 on one who had overthrown a pillory.—London Chronicle.

THE COLDS OF MANKIND CURED BY PINES!

Have you ever gone through a typical pine forest when you had a cold? What a vigorous impulse it sent! How you opened wide your lungs to take in those invigorating and mysterious qualities. Yes, Dr. Bell's Pine-Tar-Honey possesses those stimulating qualities and overcomes hacking coughs. The inner lining of the throat is strengthened in its attack against cold germs. Every family needs a bottle constantly at hand. 25c.—2

Citation.

STATE OF SOUTH CAROLINA,
COUNTY OF EDGEFIELD.

By W. T. Kinnaid, Probate Judge:

Whereas, Clarence H. Woodward made suit to me, to grant him Letters of Administration of the Estate and effects of William D. Woodward, his father, and Mrs. Amelia Woodward, his mother, both deceased, and late of Edgefield County.

These Are Therefore to cite and admonish all and singular the kindred and creditors of the said William D. Woodward and Mrs. Amelia Woodward deceased, that they be and appear before me in Court of Probate, to be held at Edgefield, C. H. S. C., in my office on the 7th day of October 1915, next, after publication thereof, at 11 o'clock in the forenoon, to show cause, if any they have, why the said Administration should not be granted.

Given under my Hand, this 20th day of September A. D., 1915.

W. T. KINNAID,
P. J. E. C.

Sept. 21, 1915—3t.

MANY TROUBLES DUE TO AN INACTIVE LIVER

Many of the troubles of life such as headache, indigestion, constipation and lack of energy are due to inactive livers.

GRIGSBY'S LIV-VER-LAX is a natural, vegetable remedy that will get the liver right and make these troubles disappear. It has none of the dangers or disagreeable effects of calomel.

Get a 50c or \$1 bottle of this splendid remedy from your druggist today. Every bottle bears the likeness of L. K. Grigsby, who guarantees it through.

NOTICE

Write me and I will explain how I was cured in four days of a severe case of Pile of 40 years' standing without pain, knife or detention from business. No one need suffer from this disease when this humane cure can be had right here in South Carolina.

R. M. JOSE,
Route 4, Lamar, S. C.

NOTICE!

A white boy, Harry Burton, sometimes called Harry Bogus, left my home September 3. Any information concerning him will be appreciated. He is 12 years of age, has dark hair and brown eyes, small for his age. Anybody who has seen him will please write me.

W. H. BURTON,
Pleasant Lane, S. C.

NOTICE!

I take this means of informing the public that I have installed a grist mill at my farm, and can grind hominy, graham flour and meal. Grind days Tuesdays and Saturdays.

F. F. RAINSFORD.

"MONEY"

The mortgage makes it and under the terms of the CONTINENTAL MORTGAGE COMPANY you can secure it at 6 per cent, for any legal purpose on approved real estate. Terms easy, tell us your wants and we will co-operate with you. 908-9 MUNSEY BLDG., Baltimore, Maryland.

A CLOGGED SYSTEM NEEDS ATTENTION.

Are you bilious, dizzy and listless? Dr. King's New Life Pills taken at once seize upon constipation and starts the bowels moving naturally and easily. Moreover it acts without griping. Neglect of a clogged system often leads to most serious complications. Poisonous matters and a body poorly functioning need immediate attention. If you wish to wake up to-morrow morning happy in mind and entirely satisfied, start your treatment to-night. 25c. a bottle.—2

Notice.

The next regular teachers' examination will be held at Edgefield Friday, October first. White applicants will report at court house; colored applicants at Macedonia school building.

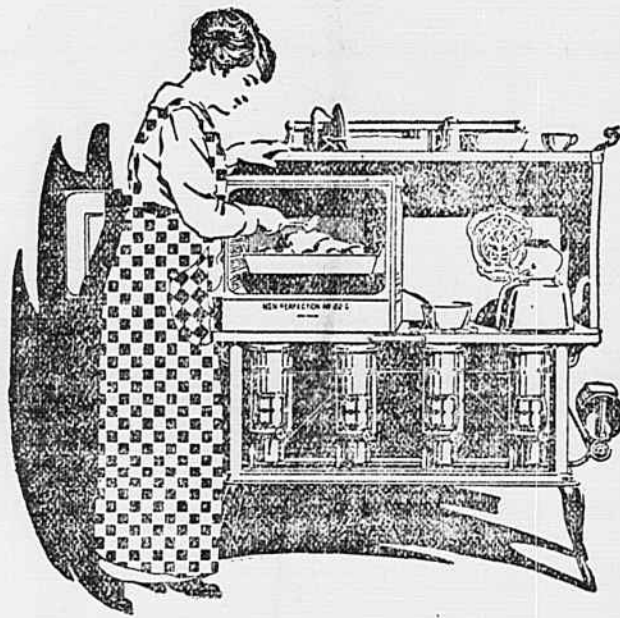
W. W. FULLER,
Co. Supt. Education.

FOR THE SECOND TERM, 1915-16, APPLICATIONS FOR ADMISSION TO THE STATE NORMAL SCHOOL, EDGEFIELD, S. C., WILL BE RECEIVED AT THE COURT HOUSE, EDGEFIELD, S. C., UNTIL OCTOBER 1ST, 1915.

Ready for Ginning Season 1915.

We wish to announce that we are now ready to begin ginning cotton. Have over-hauled our ginnery, and now have it in No. 1 shape, and can serve the public to good advantage. Let us gin your cotton, buy your seed at the market price, and sell you meal and hulls as cheap as any one. Come and let us serve you.

Hampton Cotton Mills Comp'y
Beaver Dam Plant, L. L. Clippard, Manager



MAKE THE KITCHEN LIVABLE

DON'T swelter over a hot coal stove this summer. The NEW PERFECTION Oil Cook-stove keeps your kitchen cool and clean and does away with all the ash-pan, coal-hod drudgery of the coal range.

The NEW PERFECTION lights like gas, regulates like gas, and cooks like gas. It's gas stove comfort with kerosene oil.

Something New. An oven that becomes a fireless cooker merely by pulling a damper. Ask your dealer to show you the NEW PERFECTION No. 7, with fireless cooking oven; also the PERFECTION WATER HEATER. It gives you plenty of hot water, yet leaves you independent of the hot, sooty coal range.

Use Aladdin Security Oil
or Diamond White Oil
to obtain the best results in Oil
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STANDARD OIL COMPANY

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Norfolk, Va. (BALTIMORE) Charleston, W. Va.
Richmond, Va. Charleston S. C.

The Star Pianos

I wish to call attention to the Star line of pianos for which I am the representative. They consist of the Star, the Trayser, the Richmond and the Remington Pianos. The Star Piano Company manufactures all of the parts which go into each piano. There are twenty-two buildings required for the factory's equipment. These pianos are used in over four hundred schools and colleges in the United States. The workmanship is the highest, and all instruments are fully guaranteed. Sold on terms of easy payment by

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Greenwood - - - South Carolina

J. C. LEE, President

F. E. Gibson, Sec. and Treas.

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Distributing agents for Flintkote roofing
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Corner Roberts and Dugas Streets.

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Have lasted 28 years. Stormproof and Fireproof all the while and still in good condition. That's the kind of roof you want.

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ARRINGTON BROS. & CO.

Wholesale Grocers and Dealers in

**Corn, Oats, Hay and all
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See our representative, C. E. May.